



Don't let
vaping cloud
your judgement

THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer~~ Center

Making Cancer History®

Get the Facts

The myths & the facts

- ✘ Vaping is a safe way to help people quit smoking.
- ✔ Vaping is not risk-free – vapes contain harmful chemicals that can damage your lungs.

Vaping may be less harmful than smoking cigarettes, but the long-term health risks of vaping are still unknown.

The FDA has not approved any vaping products to help people quit tobacco use.

- ✘ Vaping helps manage nicotine addiction.
- ✔ Nearly all vaping devices contain nicotine - some with the same amount of nicotine as 20 cigarettes.

Nicotine is highly addictive no matter how it is consumed.

Vaping can make you more dependent on nicotine, making it harder to quit.



- ✘ Vape products do not have harmful chemicals.
- ✔ Flavorings may be safe to eat but they can harm lung tissue when inhaled.

The long-term effects of inhaling these chemicals are still unknown.

Vape liquids can contain 30+ chemicals, some become toxic when heated.

- ✘ Vaping is the best way to quit smoking.
- ✔ The FDA has approved several safe, effective methods for quitting tobacco, including:
 - Nicotine patches, gum and lozenges
 - Prescription medications like varenicline and bupropion

Using FDA-approved medications with counseling can more than double your chances of quitting.

Get help quitting today

Speak with your health care provider.
For free support and resources:



Call 1-800-QUIT-NOW



Text EXPROGRAM to 88709



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